

# Act F.A.S.T. if Showing Symptoms of Stroke

## Act F.A.S.T.

### Face

Ask the person to smile.  
Does one side of the face droop?

### Arms

Ask the person to raise both arms.  
Does one arm drift downward?

### Speech

Ask the person to repeat a simple sentence.  
Are the words slurred? Can he/she repeat the sentence correctly?

### Time

If the person shows any of these symptoms, time is important.  
Call 911 or get to the hospital fast. Brain cells are dying.

### Stroke symptoms include:

- SUDDEN numbness or weakness of face, arm or leg—especially on one side of the body.
- SUDDEN confusion, trouble speaking or understanding.
- SUDDEN trouble seeing in one or both eyes.
- SUDDEN trouble walking, dizziness, loss of balance or coordination.
- SUDDEN severe headache with no known cause.

**If you or a loved one experiences any of these symptoms above, call 9-1-1 immediately. Note the time the first symptom was experienced. This information is important to a healthcare provider and can affect treatment decisions.**

If a person has experienced ANY of these symptoms, they may have had a TIA or mini-stroke.

- A transient ischemic attack (TIA) is an event, sometimes called a mini-stroke or stroke symptoms lasting less than 24 hours.
- While TIAs generally do not cause permanent brain damage, they are a serious warning sign of stroke and should not be ignored.

*Act F.A.S.T. courtesy of the National Stroke Association*



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